



“There are usually only a hand full of times during a game when there is an excellent opportunity to score, either because of an odd man rush, an outstanding individual play, an easy rebound, or a goalie mistake to name a few ... a 2 minute power play is one of those times ... use it”

OFFENSIVE ZONE – POWER PLAY

Between The Blue Lines and Moving Into Their Zone

Pass the puck to our open player so we can move the puck over their blue line, slow the play down if they give you time in order for all five of our players to set up and spread out in and around their zone. This way we take the most advantage of our extra player.

If the neutral zone is bottled up or you are about to lose possession shoot the puck into their zone hard so it goes around the boards behind their net and we can regain puck possession there.

Below are some **starting** formations, but remember we create openings for good scoring chances by moving around, rotating player positions, trying to force them out of the box, making them lunge, and trying to block shots, which allows us to create 2 on 1 situations, and to screen their goalie. This will lead to better scoring opportunities, shots and rebounds with their goalie down.

**MORE THAN HALF THE GOALS SCORED ON THE POWER PLAY START FROM
OR ARE SHOTS FROM THE POINTS (KEEP THEM LOW)**

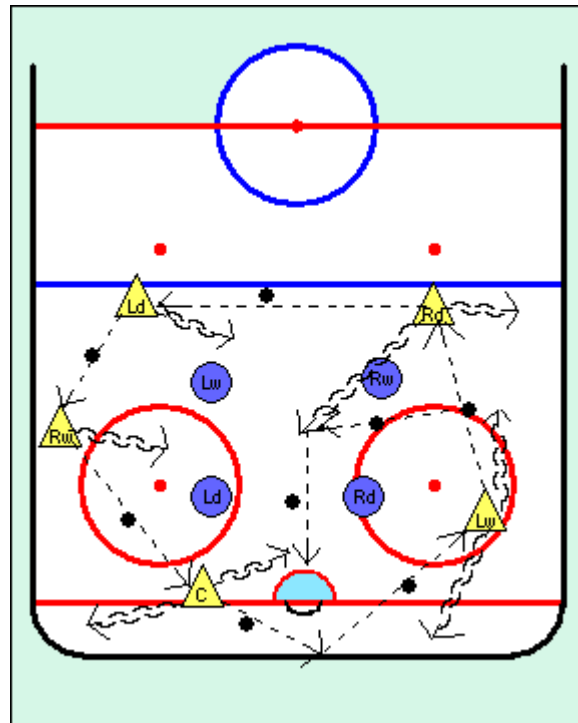
DON'T WAIT FOR THE IDEAL SCORING CHANCE

SCREEN THEIR GOALIE, SHOOT AND GET THE REBOUND



The 2 High 3 Low System

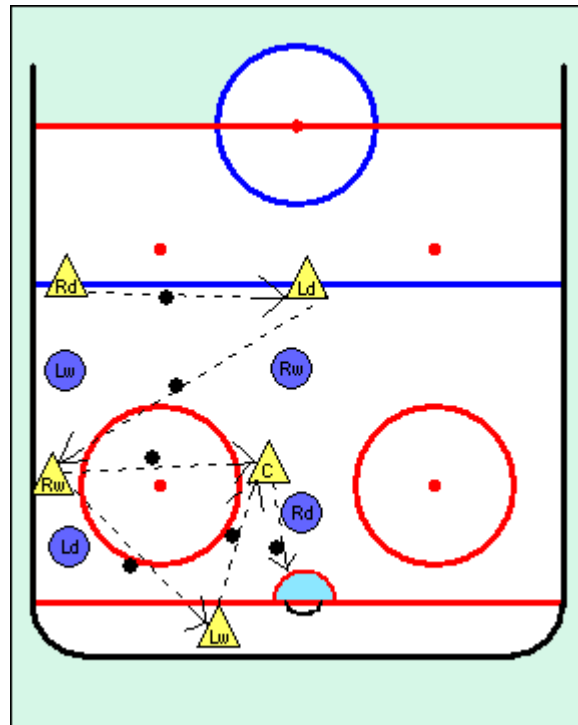
If two of our defencemen stay in their normal positions at or just inside their blue line, 2 of our forwards can stay wide around the middle and outside of their face off circles while our centre is in front, at the side or behind their net moving to find the open spot where he can be open to receive a pass or take a good shot. Constant changing of positions and cycling will cause confusion and eventually the box should break down.





The 2 High, 3 Side System

Two of our defencemen stay at the blue line in their usual positions and the 3 forwards position themselves on the left or right side of the ice in the offensive triangle with one or two down low and at least one in the mid slot in the middle of the box.

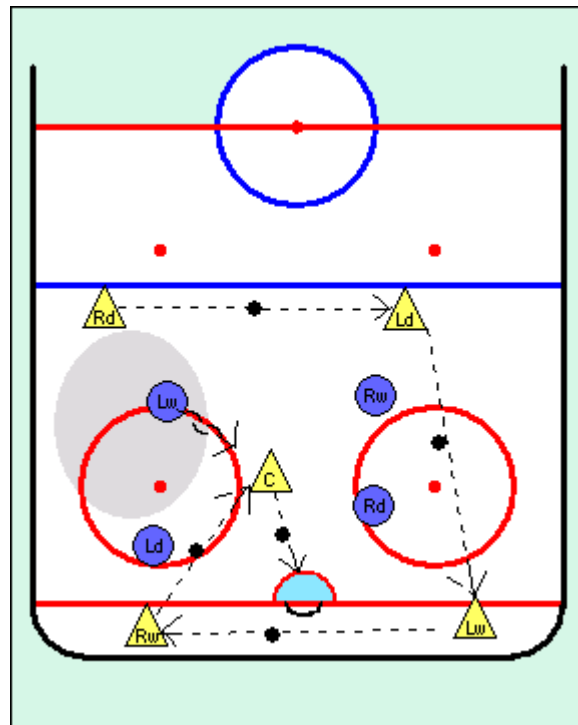


ABOUT 1/3 OF POWER PLAY GOALS START FROM PASSES FROM BEHIND THEIR NET



The 2 High 1 Mid 2 Low System

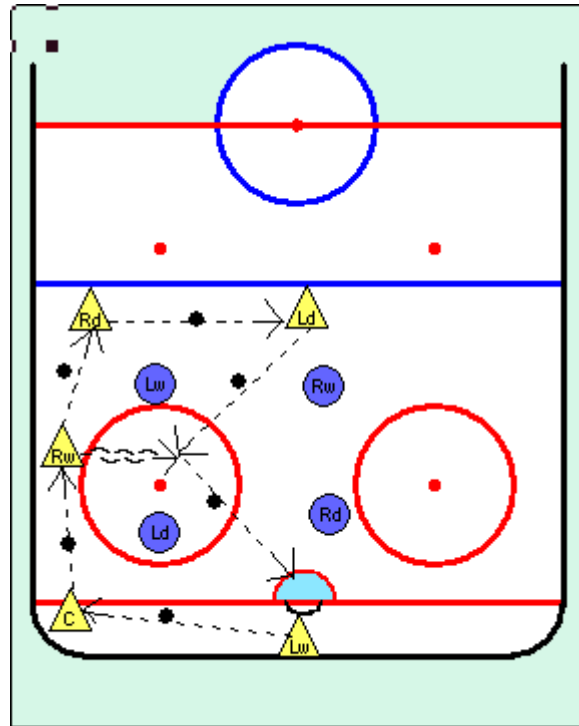
Two defencemen are at the blue line, two forwards are down low behind the goal line and the other forward is in the middle slot forcing someone to cover him. Whichever of their players in the box covers our centre opens up another player and area (shaded) which was being covered by the player now moving to our centre.





The 2 High 1 On The Side Boards, 2 Low System

Two defencemen stay on the blue line, one forward is at the side boards just above the hash marks and the 2 other forwards are down low past the goal line, one behind our net





The 1 High, 3 Mid and 1 Low System

One defenceman stays high, 1 defenceman and 2 forwards are across the middle, (two just off the boards, one in the middle) and one behind the net

